

My Emotional First Aid Box



When we hurt ourselves physically we reach for the first aid box, but can you imagine if we could create a first aid box for our emotions? We can do this by exploring what self-care coping strategies we can use to help us manage our emotions. You can make your own emotional first aid box by writing down all the coping strategies you find helpful when feeling stressed, upset, worried or angry. These could be talking to someone, playing an instrument or stroking a pet.

